



Simple | Healthy | Delicious

Oatmeal

GRAINS

Nature's Earthly Choice Teff: Use ratio of 1/2 cups Teff to 1 1/2 cups water and cook for 20 minutes or so on a simmer, until soft.

Nature's Earthly Choice Black Rice: cook 1/2 cup of rice in 1 cup of water and drain off excess water when done. Will cook for about 35-45 minutes, until tender but chewy.

Pearl Barley: Use 1/2 cup of barley to 1 1/4 cups of water and simmer for 70-90 minutes, until tender but chewy.

Steel Cut Oats: Use 1/2 cup of the oats to 1 3/4 cups of water. Bring the water to a boil and slowly drop the oats into the water so that it does not stop boiling. Boil for 10-15 minutes, until done to desired tenderness. This will be the wettest grains, so add the others into it and mix.



INGREDIENTS

1/2 cup old fashioned rolled oats

1 cup whole milk

1/2 t salt

Brown sugar to taste

Maple syrup to taste

2 t vanilla

2 t oat bran

2 t wheat germ

Cinnamon to taste

Several scoops of previous grain mix

DIRECTIONS:

1. Bring the oats and milk to a boil. Reduce to a simmer and simmer for 4 minutes, stirring occasionally. Add the salt, brown sugar (start with less) and vanilla, a pinch of cinnamon, the oat bran and the wheat germ. Stir and simmer another minute or 2.
2. Add the whole grain mix and stir, breaking up the clumps of the whole grains. When it is smooth and heated through, taste for sweetness and cinnamon, accounting for serving with a drizzle of maple syrup and sprinkling cinnamon.